

Owner's instruction manual

E390X, E250X, E230X

Ellipticals

Designed and engineered in Canada



Part. no. 691014 (RA)

Building quality fitness since 1969

 **BODYGUARD**[®]
The Power of Training[™]

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Thank You for Purchasing a Bodyguard® Product

BODYGUARD® Fitness is dedicated to designing and manufacturing the best performing fitness equipment on the market. This manual outlines the use, safety, and basic maintenance of your E230X / E250X / E390X Elliptical by BODYGUARD® Fitness.

Whenever your E230X / E250X / E390X requires maintenance, be prepared to provide your BODYGUARD® Fitness dealer with the machine's model number, serial number, and date of purchase. The model number and the serial number are located at the front of the machine, near the ON/OFF switch. Enter the model number, serial number, and all other important information in the space provided.

Product name	
Model number	
Serial number	
Date of purchase	
Dealer's name	
Retailer's telephone number	

Please fill out the warranty registration form and return it to BODYGUARD® Fitness within 30 days of the date of purchase for registration of your E230X / E250X / E390X Elliptical. Your returned warranty registration card is important in helping us keep you up-to-date on all the latest upgrades for your E230X / E250X / E390X. Also, the warranty card is used to establish your actual purchase date.

Note: Please be advised that if you omit to send your warranty card at BODYGUARD® we will use the dealer purchase date to honour the warranty time.

You can also register online at : www.bodyguardfitness.com

Important Safety Notice

READ THIS MANUAL THOROUGHLY BEFORE ATTEMPTING
TO ASSEMBLE OR USE THIS EXERCISE EQUIPMENT

To ensure that you get the maximum benefit from the engineering that has gone into your machine, we recommend that you read this manual carefully before attempting to assemble and use the E230X / E250X / E390X elliptical. Save these instructions and refer to this manual if you are unfamiliar with the operation of the E230X / E250X / E390X elliptical.

WARNING – We recommend that you read this instruction manual carefully before you begin using this machine. Use of this equipment by persons with heart or other medical problems may result in serious injuries. It is recommended that you consult a physician before using this machine. It is also recommended that you periodically consult your physician as you continue to use this equipment. Immediately cease exercise if you feel, dizzy, faint, or short of breath. Use of this equipment in a manner other than as prescribed in this instruction manual may result in serious injuries.

For Your Personal Safety

Do not place towels or clothing on any part of the elliptical.

Do not place liquids near the electric power plug, ON/OFF switch, or any other part of the elliptical. Only the bottle holder is allowed.

Before disconnecting the power supply, exit the program screen, then turn the power OFF. To reduce any risk of electrical shock, do not unplug the machine by pulling on the power cord. Gently remove the plug from the wall outlet.

Do not operate the elliptical if the power cord is damaged or if the elliptical isn't working correctly. If the power cord is damaged, please contact your distributor or manufacturer to get it replaced.

Keep the power cord away from all moving parts of the elliptical, such as the rear wheels and transport wheels.

If you need to use an extension cord, make sure it is of the same gauge as the power cord (18 AWG). Keep all extension cords clear of all moving parts of the elliptical.

Place the machine in a way that the power can be easily disconnected by pulling the power cord.

Do not let children near the elliptical when it is in operation or if they are unsupervised.

The elliptical must never be used by more than one person at a time.

Always face the computer when using the machine.

Do not store the elliptical too close to furniture or other obstacles. Keep the sides and rear clear of any obstacles.

Wear proper exercise clothing when using the elliptical.

Electrical Information

WARNING – To prevent the risk of fire or electric shock, do not expose this machine to rain or moisture. Refer servicing to qualified Bodyguard® Service personnel only.

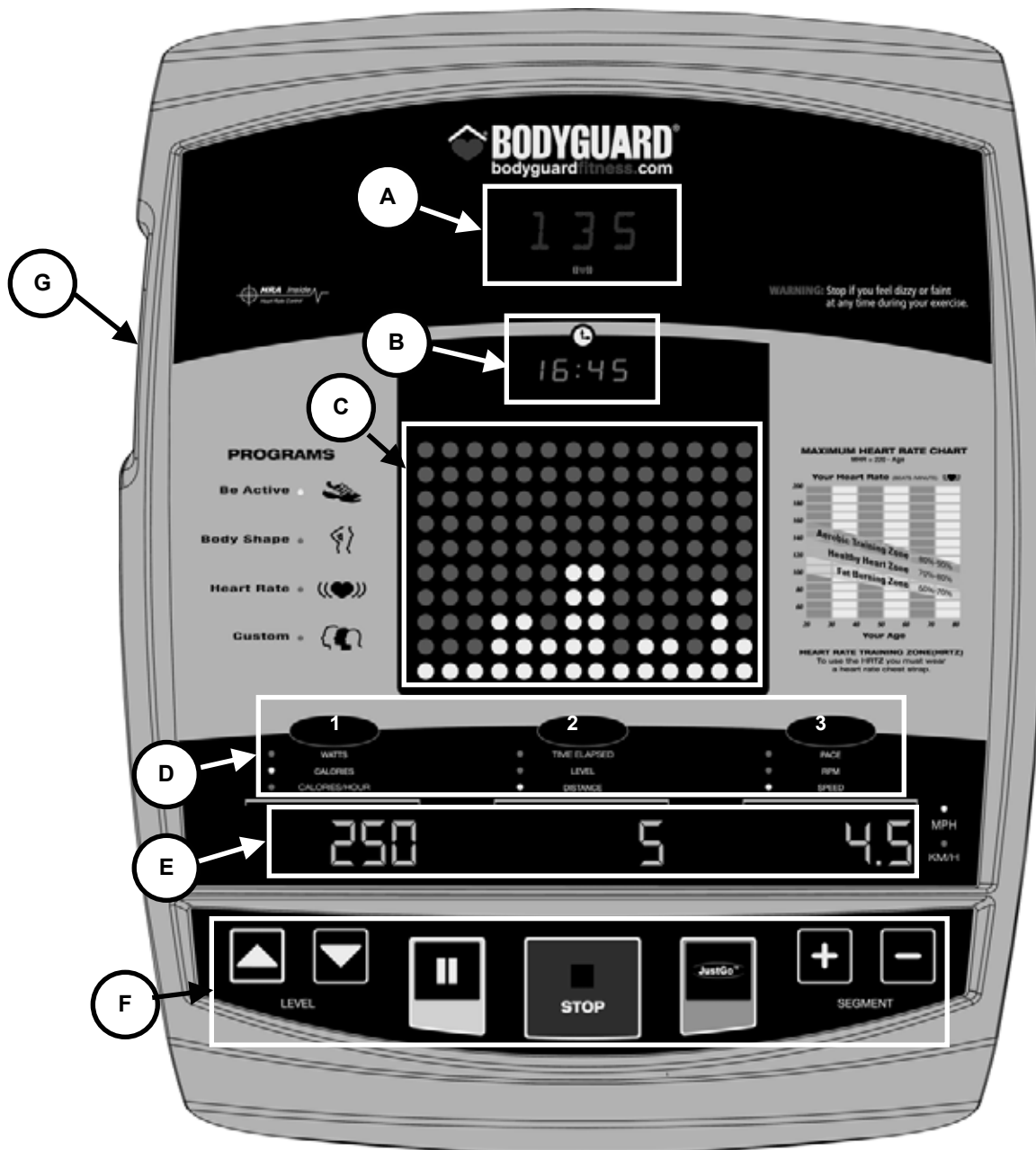
Should you need more information, you can call our Customer Service Department at: 1-418-228-8934 or 1-888-407-3784.

1. OPERATING YOUR E230X / E250X / E390X

Each E230X / E250X / E390X elliptical contains an L.E.D. (light emitting diode) computer display. The control functions, with their unique features and programs, have been designed with you in mind, to offer the best possible exercise by displaying important and clear information regarding your exercise goal.

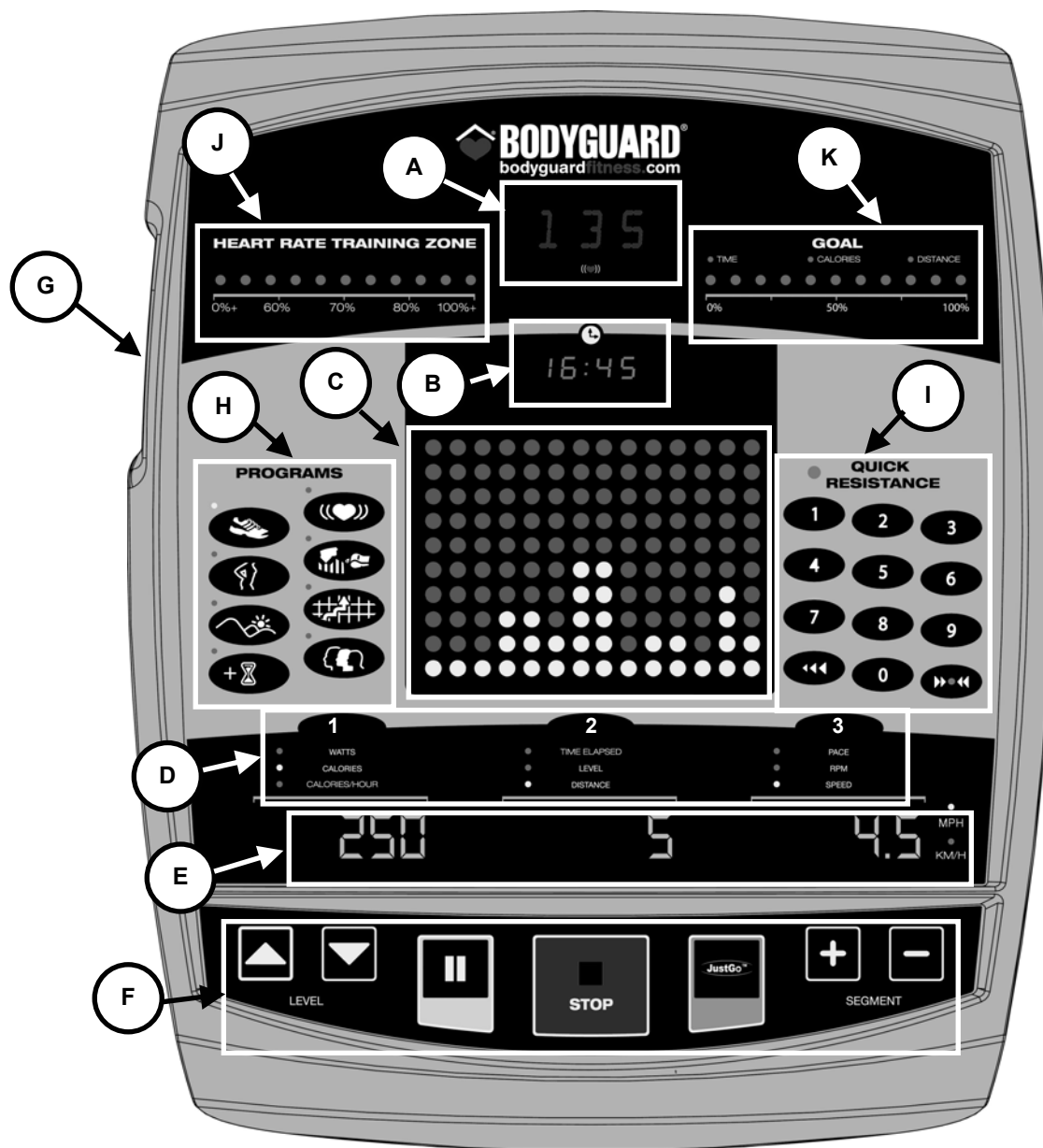
The **E230X model** has the following display features:

- **A:** Heart rate window
- **B:** Clock
- **C:** 10.5 cm x 7.5 cm profile display (4.25" x 2.75")
- **D:** Select keys
- **E:** Scrolling screen
- **F:** Main keypad
- **G:** X-CARD™ slot



The **E250X / E390X models** have the following display features:

- **A:** Heart rate window
- **B:** Clock
- **C:** 10.5 cm x 7.5 cm profile display (4.25" x 2.75") (three colors on the E250X / E390X only)
- **D:** Select keys
- **E:** Scrolling screen
- **F:** Main keypad
- **G:** X-CARD™ slot
- **H:** Program quickkeys (E250X / E390X only)
- **I:** QUICK RESISTANCE NUMERIC keys (E250X / E390X only)
- **J:** Heart rate training zone (E250X / E390X only)
- **K:** Goal display (E250X / E390X only)



1.1 Getting to know the E230X / E250X / E390X

A HEART RATE WINDOW

The heart rate window lets you monitor your heart rate at a glance. The number displayed represents beats per minute.

B CLOCK

Allows you to see the time of day when you're in a workout. See *Settings Section 2.12*.

C PROFILE DISPLAY

1) E230X model

The large, easy-to-read, two-tone screen displays your exercise program's braking resistance and target speed. Resistance and speed are represented along the vertical axis. Each dot represents a higher level of resistance and speed. Each exercise program starts from the left hand side of the screen and ends when it reaches the right hand side.

Dark green: Braking resistance
Light green: Target speed

2) E250X / E390X model (three colors)

The large, easy-to-read, three colors screen displays your exercise program's braking resistance, speed and progression. Resistance and speed are represented along the vertical axis. Each dot represents a higher level of resistance and speed. Each exercise program starts from the left hand side of the screen and ends when it reaches the right hand side.

Red line: Target speed
Green line: Braking resistance
Orange line: Exercise progression

D SELECT KEYS

During an exercise, you can change the value displayed on the scrolling screen by pressing the adjacent select key. If you wish to have values displayed in alternating mode, simply hold down the select key for three seconds. To cancel the alternating mode, simply press the select key again.

E SCROLLING SCREEN

The 16 digit alphanumeric scrolling screen allows you to easily enter your personal information prior to starting your program.

During your program, the screen displays **Watts, calories, calories/hour, time elapsed, level, distance, pace, RPM and speed** as well as information like target speed and/or body position.

WATTS indicates the level of efforts related to the RPM

CALORIES indicate your total caloric expenditure from the start of the exercise.

CALORIES/HOUR indicates your hourly caloric expenditure based on your weight input and actual exercise intensity level.

ELAPSED TIME indicates the amount of time accumulated from the start of each program. The time will range from 0 to 99.99 minutes (during **JustGo™** program) and 0 to 6.00 hours (during other programs).

LEVEL indicates the level you are. It can vary from 1 to 15 for the programs with levels of difficulty and it can vary from 1 to 20 for programs with resistance levels.

DISTANCE displays the total distance in miles or kilometers from the start of the exercise, ranging from 0.00 to 99.99 miles or 0.00 to 99.9 km.

PACE indicates how long it will take to complete one mile or one kilometer at your current speed. Pace per mile or kilometer is shown in minutes and seconds.

RPM displays revolutions per minute.

SPEED indicates speed in miles per hour or kilometers per hour.

TARGET SPEED, when displayed, indicates the target speed in RPM. An arrow in the RPM display space indicates whether you should increase or decrease your speed in order to maintain target speed.

BODY POSITION appears during certain programs. Each body position must be held until the next position appears.

F MAIN KEYPAD



The **INCREASE/DECREASE SEGMENT** keys allow you to modify a segment's resistance during a program. These keys allow you select programs and parameters before you exercise. During an exercise program, you can modify the current segment's level of resistance by pressing either the **INCREASE SEGMENT** key or the **DECREASE SEGMENT** key.



The **INCREASE/DECREASE LEVEL** keys allow you to modify the level of difficulty of the program. These keys allow you select programs and parameters before you exercise. During a program, you can modify the level of the elliptical program by pressing either the **INCREASE** Level key or the **DECREASE** Level key.



PAUSE Press this key to temporarily stop the program without erasing the parameters. Press **JustGo™** to resume.



STOP lets you cancel a program, exit the current program or get out of a menu.



JustGo™ Press this key twice to start the **JustGo™** program or to save your setting.

G X-CARD™

The **E230X / E250X / E390X** elliptical by BODYGUARD® come with an optional X-Card™. This user-friendly card provides access to the personal trainer program package of your choice so you can enjoy programs adapted to your specific fitness level and needs. For more information, contact your dealer or our service department at 1 888 407-3784.

H PROGRAM QUICKKEYS (E250X / E390X)

These keys allow you to select the program of your choice. For more information on which programs are available, see section 3.

I QUICK RESISTANCE NUMERIC KEYS AND SEGMENT RESISTANCE (E250X / E390X)

QUICK RESISTANCE NUMERIC KEYS Use the QUICK RESISTANCE NUMERIC keys to enter exercise duration, distance, your weight, or your target heart rate.

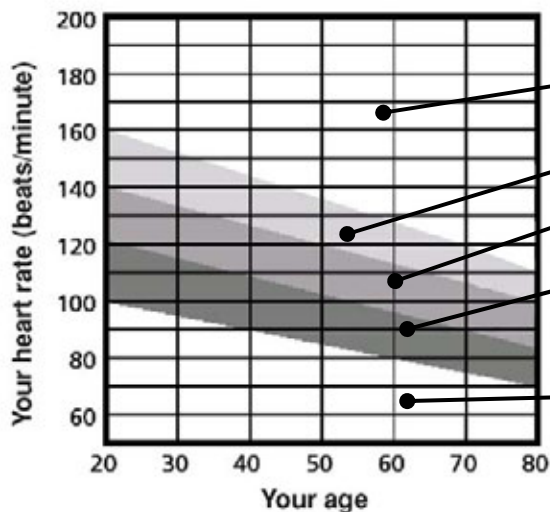
SEGMENT RESISTANCE The quick Keys allows you to modify the resistance of a segment during an exercise without having to use the INCREASE/DECREASE SEGMENT keys. Once your selection is done, press the **JustGo™** key on the keypad to validate.

J HEART RATE TRAINING ZONE

The heart rate training zone lets you keep track of the zone you are currently exercising in: Fat Burning, Healthy Heart, or Aerobic.

To determine your target heart rate, select the type of exercise program you wish to follow. Your MAXIMUM HEART RATE (MHR) is calculated as follows:

$$\text{MHR} = 220 - \text{Age}$$



Exercising above 90% of your MHR is not recommended.

Exercising at 80-90% of your MHR provides an aerobic workout.

Exercising at 70-80% of your MHR provides a moderate workout for a healthy heart.

Exercising at 60-70% of your MHR provides a fat burning workout.

It is difficult to achieve exercise benefits exercising at below 60% of your MHR.

K GOAL DISPLAY (E250X / E390X)

The Goal display provides the percentage remaining to your goal.

1.2 Pause during an Exercise



You can stop temporarily during any exercise by pressing the PAUSE key.

To pause during an exercise:

1. Press the Pause key whenever you feel the need to stop for a moment during an exercise. A message indicating the pause time remaining will appear on the screen. The countdown will start as soon as you press the key.
2. If you wish to continue exercising, simply press the **JustGo™** key to resume the program.
3. If you want to stop exercising completely, simply press the STOP key, and the exercise will be terminated. A summary of your exercise parameters will be displayed, along with the saving option if this option is activated and available for this program.

If your pause time runs out, the exercise will be terminated automatically.

1.3 Viewing Exercise Parameters

At the end of each exercise program, the computer will display THREE exercise parameters: TOTAL DISTANCE, CALORIES BURNED, and TOTAL EXERCISE TIME.

- TOTAL DISTANCE displays the distance traveled for the entire exercise.
- CALORIES BURNED display the approximate caloric expenditure for the entire exercise.
- TOTAL EXERCISE TIME displays the length of the exercise in minutes and seconds.

The exercise parameters on the E230X / E250X Elliptical will loop for 2 minutes or until you press the STOP key to return to the welcome screen. If you do not wish to view the exercise parameters, press the STOP key to return to the welcome screen. On the E390X, the exercise parameters will loop for 30 seconds (default value, if you want change it, refer to section 2.14).

1.4 Auto Power OFF

After a period of inactivity (15 minutes by default), your E230X / E250X will switch automatically to sleep mode (30 seconds for the E390X). This option is ON by default, but you can turn it OFF. See Section 2.14 for further instructions.

2. SETTING UP THE COMPUTER TO YOUR ENVIRONMENT

E230X / E250X / E390X elliptical offers unique features allowing users to personalize their settings. The computer can also display a series of diagnostics and features.

E230X / E250X / E390X elliptical allow you to select and adjust the following settings:

2.1	Access to Settings Menu	2.8	User Identification
2.2	Language Selection (French/English)	2.9	Pause Duration
2.3	Distance Unit (kilometers or miles)	2.10	Edit Welcome Message
2.4	Weight Unit (kilograms or pounds)	2.11	Saving Option
2.5	Warm Up	2.12	Clock Option
2.6	Cool Down	2.13	Segment Duration
2.7	Beeper (On/Off)	2.14	Auto Power Off

2.1 Access to Settings Menu

To view the above settings, *enter the Settings Menu as follows:*

1. When the welcome screen displays, press the third select key (3) and hold it for 3 seconds.
2. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to choose the setting you wish to adjust.

2.2 Language Selection

All instructions can be displayed on the screen in two languages.

To select a **language**, *enter the Settings Menu (see Section 2.1).*

1. Select the LANGUAGE option and press the **JustGo™** key to accept.
2. Select the language (Français or English) you wish to appear on the screen by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. Messages will now appear in the selected language.

2.3 Distance Unit

Distance can be displayed in kilometers or miles.

To select a **distance unit**, *enter the Settings Menu (see Section 2.1).*

1. Select the DISTANCE UNIT option and press the **JustGo™** key to accept.
2. Select the distance unit you want to appear on the screen. Choose from KILOMETERS or MILES by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. Distance values will now appear in the selected distance unit.

2.4 Weight Unit Feature

Weight units can be displayed in pounds or kilograms.

To select a **weight unit**, *enter the Settings Menu (see Section 2.1).*

1. Select the WEIGHT UNIT option and press the **JustGo™** key to accept.
2. Select the weight unit you want to appear on the screen. Choose between KILOGRAMS or POUNDS by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys.
3. Press the **JustGo™** key to accept. Weight units will now appear in the selected unit.

2.5 Warm Up

Doing a warm up period before you exercise is strongly recommended for your safety. Your E230X / E250X / E390X elliptical has a feature that allows you to warm up on your elliptical. If the Warm Up option is activated, a warm up screen will be displayed prior to each exercise. Note that the warm up screen is not available for the **JustGo™** program, which requires you to establish your own warm up period.

The warm up period is adjustable for 1 to 10 minutes and is divided into 3 parts.

Warm up:

- Part 1: 40% of the intensity of the first segment of the exercise.
- Part 2: 60% of the intensity of the first segment of the exercise.
- Part 3: 80% of the intensity of the first segment of the exercise.

Note: The default duration of the warm up is 3 minutes. Time, Distance, and Calories are not recorded during the warm up period. Note that the program RACE can not be saved because of the randomly nature of this program.

To activate or deactivate the **Warm Up** function, *enter the Settings Menu (see Section 2.1).*

1. Select the WARM UP option and press the **JustGo™** key to accept.
2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection, then press the **JustGo™** key to accept.
3. To adjust the duration of the warm up, use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. The warm up option is now either ON or OFF, depending on your selection.

Note: If you wish to cancel the warm up before the designated period has expired, simply press the STOP key.

2.6 Cool Down

Doing a cool down period after you exercise is strongly recommended for your safety. Your E230X / E250X / E390X elliptical has a feature that allows you to cool down on your elliptical. If the Cool Down option is activated, a cool down screen will be displayed prior to each exercise. Note that the cool down screen is not available for the **JustGo™** program, which requires you to establish your own cool down period.

The cool down period is adjustable for 1 to 10 minutes and has only one part.

Note: The default duration of the cool down period is 3 minutes. Time, Distance, and Calories are not recorded during the cool down period.

To activate or deactivate the **Cool Down** function, *enter the Settings Menu (see Section 2.1).*

1. Select the COOL DOWN option and press the **JustGo™** key to accept.
2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection, then press the **JustGo™** to accept.
3. To adjust the duration of the cool down, use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. The warm up option is now either ON or OFF, depending on your selection.

Note: If you wish to cancel the cool down before the designated period has expired, simply press the STOP key.

2.7 Beeper

The beeper can be turned ON or OFF

To turn the **beeper** ON or OFF, *enter the Settings Menu (see Section 2.1)*.

1. Select the BEEPER option and press the **JustGo™** key to accept.
2. Select ON or OFF. Press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to make your selection. Press the **JustGo™** to accept. The Beeper function is now ON or OFF, depending on your selection.

2.8 User Identification

When activated, the User ID feature lets the elliptical recognize individuals and automatically enter their weight and whatever other information is required. The E230X model will recognize up to 2 users and the E250X / E390X model will recognize up to 4.

Using this feature means not having to enter your weight because the program automatically does it for you. Your age is also automatically entered into the Heart Rate Monitor programs in order to calculate your Maximum Heart Rate.

The User ID feature lets you access to the following options:

Activate User

To activate a user, *enter the Settings Menu (see Section 2.1)*.

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select the ACTIVATE USER ID option and press the **JustGo™** key to accept.
3. Press the INCREASE/DECREASE LEVEL or INCREASE/DECREASE SEGMENT keys to select ON or OFF, and press the **JustGo™** key to accept.

Now that the User ID feature has been activated, you will be prompted to select a user at the start of each program.

Create User

To create a user, *enter the Settings Menu (see Section 2.1)*.

1. Select the USER ID option and press the **JustGo™** key to accept.
2. Select CREATE USER and press the **JustGo™** key to accept.

The cursor will go to the last available space in the memory. If the memory is full, go to the Delete User option.

3. A total of 5 (five) alphanumeric characters can be used to create a User ID name. Use the **INCREASE/DECREASE LEVEL** keys to navigate between spaces 1 to 5. The arrow pointing up moves left and the arrow pointing down moves right.

Use the **INCREASE/DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 5. If you wish to leave a space between characters, simply use the blank character between 9 and A. Once a space is filled, move to the next. Repeat this procedure to create a User ID name.

If you wish to change a character before all five spaces have been accepted, press the **INCREASE/DECREASE LEVEL** key to backspace. Press the **JustGo™** key to validate the User ID name.

4. You can enter your age by pressing the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or using the QUICK RESISTANCE NUMERIC KEYS. Press **JustGo™** to accept.
5. Enter your weight (20 to 158 kg or 50 to 350 pounds) by pressing the **INCREASE/DECREASE LEVEL** keys to increase or decrease by increments of 10 **and/or** the **INCREASE/DECREASE SEGMENT** keys to increase or decrease by increments of 1, or using the QUICK RESISTANCE NUMERIC KEYS. Press the **JustGo™** key to validate the weight.

6. Press the STOP key to return to the USER ID menu.

Edit User

To edit a user, select the USER ID option and press the **JustGo™** key to accept.

1. Select EDIT USER and press JustGo.
2. Select the user you want to edit using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys and press **JustGo™** to accept.
3. Enter the Name using the **INCREASE/DECREASE LEVEL** and **INCREASE/DECREASE SEGMENT** keys (see Section 2.8.5). Press the **JustGo™** key to validate.
4. Now enter your age using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS and press the **JustGo™** key to accept.
5. Enter your weight (20 to 158 kg or 50 to 350 pounds) by pressing the **INCREASE/DECREASE LEVEL** keys to increase or decrease by increments of 10 **and/or** the **INCREASE/DECREASE SEGMENT** keys to increase or decrease by increments of 1, or using the QUICK RESISTANCE NUMERIC KEYS. Press the **JustGo™** key to validate the weight.
6. Press the STOP key to return to the main USER ID menu.

Delete User

1. To delete a user, select DELETE USER and press the **JustGo™** key to accept.
2. Select the user you wish to delete. Press the **JustGo™** key to delete the user. If you do not wish to delete this user, press the STOP key.

View Statistics

To view the statistics of a User, select STATISTICS and press the **JustGo™** key to accept.

Select the User ID for which you want to view the statistics. The following parameters are accumulated when the User ID feature is activated.

- TOTAL DISTANCE displays the distance traveled in miles or kilometers (according to your settings)
- TOTAL CALORIES displays the total number of calories burned
- TOTAL TIME displays total exercise time in days, hours, minutes, and seconds

Reset Statistics

To reset the statistics of a User, select the RESET STATISTICS option and press the **JustGo™** key to accept.

Select the user whose statistics you wish to reset and press the **JustGo™** key to validate.

Note: If you delete a user, all parameters saved under that User ID name will be lost.

2.9 Pause Time

To change the **pause time**, enter the *Settings Menu* (see Section 2.1).

1. Select the PAUSE TIME option and press the **JustGo™** key to accept.
2. You can set the pause time for 1 to 30 minute(s). To make your selection, press the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. Press **JustGo™** to accept the change.

2.10 Edit Welcome Message

The Edit Welcome Message feature lets you change the welcome message that appears on your screen. There is a standard welcome message entered into your elliptical. This message is displayed in the language you have selected (see section 2.2). If you wish to edit this message, it will only be changed in your selected language.

To enter the **Edit Welcome Message** Option, *enter the Settings Menu (see section 2.1).*

1. Select the EDIT WELCOME MESSAGE option and press the **JustGo™** key to accept. To edit the welcome message, enter the letters and special characters one at a time. A total of 100 alphanumeric characters can be entered.
2. Select ON or OFF to activate or deactivate the message and press the **JustGo™** key to validate.
3. If you select ON, use the **INCREASE/DECREASE LEVEL** keys to move from one space to the next. The arrow pointing up moves left and the arrow pointing down moves right.

Use the **INCREASE** or **DECREASE SEGMENT** keys to select any character from A to Z or any number from 0 to 9 to fill in spaces 1 to 100. If you wish to leave a space between characters, simply use the blank character between 9 and A. Once a space is filled, move to the next. Repeat this procedure to create a welcome message.

If you wish to change a character before all spaces have been accepted, move the cursor forwards or backwards using the **INCREASE/DECREASE LEVEL** key.

4. Once you have completed your message, press the **JustGo™** key to save. Your new welcome message will now be displayed on the welcome screen.

2.11 Saving Option

To edit the **saving** option at the end of a program, *enter the Settings Menu (see Section 2.1).*

1. Select SAVING OPTION and press the **JustGo™** key to accept.
2. Use the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys to turn the option ON or OFF.
3. Press the **JustGo™** key to accept.

2.12 Clock Option

To edit the various clock settings, *enter the Settings Menu (see Section 2.1).*

Select the Clock Option and press the **JustGo™** key to accept.

Clock On/Off

1. To turn the clock on or off, select CLOCK ON/OFF and press the **JustGo™** key to validate.
2. Select ON or OFF using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate.

Clock Mode

1. To select a 12 or 24 hour display, select CLOCK MODE and press the **JustGo™** key to accept.
2. Select the 24 hour or 12 hour mode using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate your choice.

Time Set

1. To set the time, select TIME SET and press the **JustGo™** key to accept.

2. Enter the time using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. Choose between 0 and 23 (24 hr mode) or 1 and 12 (12 hr mode), and press **JustGo™** to validate your choice.
3. Choose between AM and PM if you are in 12 hours mode. Press the **JustGo™** key to accept.
4. Enter the minutes using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. Press the **JustGo™** keys to validate.

Set Date

1. To set the date, select SET DATE and press the **JustGo™** key to accept.
2. Enter the year using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. You can select a year between 2000 and 2099. Press the **JustGo™** key to validate.
3. Enter the month using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. You can choose between 1 and 12. Press the **JustGo™** key to validate.
4. Enter the Day using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. You can choose between 1 and 31. Press the **JustGo™** key to validate.

2.13 Segment Duration

A segment is a round dot on screen. To modify the segment duration, enter the Settings Menu (see Section 2.1). Segment duration can be set according to time, distance, or calories.

1. Select SEGMENT DURATION and press **JustGo™** to accept.
2. Choose between SEGMENT DURATION (time), CALORIES PER SEGMENT (calories) or SEGMENT LENGTH (distance), using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys. Press **JustGo™** to validate your choice.
3. According to your previous selection, use the INCREASE/DECREASE LEVEL or INCREASE/DECREASE SEGMENT keys to modify the segments as follows:
 - 15 seconds, 30 seconds, 1 minute, 2 minutes, or 4 minutes
 - or
 - 0.01, 0.02, 0.05, 0.1 or 0.5 (miles or kilometers)
 - or
 - 1, 2, 5, 10, or 15 calories
4. Press the **JustGo™** key to accept.

Note: Press STOP to exit and return to the main menu.

2.14 Auto Power Off

This feature will extinguish the display to save energy. Just press any key to have the display to light up again. To modify the Standby feature, *enter the Settings Menu (see Section 2.1)*.

1. Select the AUTO POWER OFF option and press the **JustGo™** key to accept.
2. Use **INCREASE/DECREASE SEGMENT** keys to select On or OFF press the **JustGo™** key to accept.
3. If your model is an E230X or E250X, select from 1 to 30 minute(s) time before power shuts off using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS. If your model is an E390X, select from 5 to 30 seconds time before power shuts off using the **INCREASE/DECREASE LEVEL** or **INCREASE/DECREASE SEGMENT** keys or the QUICK RESISTANCE NUMERIC KEYS.
4. Press the **JustGo™** key to accept.

NOTE: For the E390X, the default value for the AUTO POWER OFF option is 30 seconds. If you turn it OFF, the elliptical display will turn off, soon as you stop pedalling.

3. E230X / E250X / E390X EXERCISE PROGRAMS

The E230X / E250X / E390X exercise programs are designed to help you achieve your personal fitness goals and stay in shape. They have been organized by **category** so you can quickly and easily find the best program(s) for your needs.

Each exercise program includes a series of preset resistance profiles that offer you a variety of training programs and intensity levels.

In addition, to help you meet your muscular and cardiovascular goals and keep you motivated, some Bodyguard® programs feature **target speed profiles**. The console interacts with you by means of scrolling messages on target speed and an arrow that tells you when you need to go faster or slower to reach your target speed.

Example: Target speed display



Arrow indicating you have to pedal faster

To take your training even further, the elliptical boasts innovative programs to help you work more efficiently and target specific parts of your body. Once again, the interactive console indicates the various body positions for you to take throughout your exercise session.

Example: Position display



Arrow indicating you have to pedal slower

The E230X / E250X / E390X display console is there to guide you throughout your workout to help you meet your personal goals. Some programs combine speed profiles and body positions. You can always stop the scrolling messages and return to your regular exercise settings by pressing one of the three select keys.

Programs features between 15 and 20 levels of difficulty, depending on the type of program. By increasing or decreasing the level difficulty, you may change the target speed and/or resistance profiles. When a program has levels of difficulty, the selected level is displayed in the middle of the scrolling screen if the **LEVEL (red LED light)** is selected.

Note: Target speed profiles are **suggested** speeds only. They are in no way mandatory, but simply a guide to help you get the most out of your workout. If a speed seems too high or low, we suggest that you find a rhythm that suits you.

Note: The **Body Position** feature is there to help you get the most out of your workout. The suggested positions are in no way mandatory. If a position is uncomfortable, do not take it.

Note: When you change the **resistance of a segment** in programs with **15 levels of difficulties**, the resistance value will appear in the middle of the scrolling screen before being replaced by the selected Profile Level if the **LEVEL (red LED light)** is selected.

PROGRAM CATEGORIES

3.1 JustGo
3.2 Be Active
3.3 Body Shape
3.4 Heart Rate
3.5 Custom

3.6 Outdoors
3.7 Sports Training
3.8 Fitness Test
3.9 Add Time

3.1 JustGo™




The **JustGo** program allows you to start a manual exercise at the touch of one key. Since **JustGo** is the initial program, it will always be displayed first for easy selection. You have total control of the pedal resistance at all times during this program. Use the **JustGo** program if you like to exercise at fairly constant speeds with little or no changes during the exercise.

During the workout, the selected resistance will stay the same until you change it. A flashing dot indicates your progress. You may adjust the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire **profile** or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a **segment**.

The **JustGo** program does not allow you to predetermine your exercise time or enter your weight. As a result, the calories burned and calories per hour values are based on a user weighing 68 kg (150 lbs.). The calories burned values in the **JustGo** program should be used only as a reference. Moreover, the exercise time is automatically set its maximum of 99 minutes.

There are two ways to access the **JustGo** program.

To start the **JustGo** program:

1. Press the **JustGo™** key  twice.
2. Begin exercising.

Or

1. Press the **INCREASE/DECREASE SEGMENT** keys  to select the **JustGo** program. Once you have chosen your program, press the **JustGo™** key to confirm.
2. Begin exercising.



3.2 Be Active



This category is designed to let you get in shape and/or maintain your fitness level. It offers a good variety of interesting programs to help you reach your goals.

- | | |
|--------------------------|-------------------------|
| a) Manual | e) Hill |
| b) Race | f) Intervals |
| c) Beat my Race | g) Distance Goal |
| d) Smart Reverse™ | h) Target Watts |




















a) Manual

The **Manual** program allows you to create your own exercise as you progress in the program. Resistance is completely controlled by the user. At a glance, the **JustGo** and **Manual** programs seem very similar since the user controls resistance throughout the exercise. The difference is that the Manual program lets you enter your weight and the exercise duration for a more accurate caloric display.

During the workout, the selected resistance will stay the same until you change it. A flashing dot indicates your progress. You may change the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire **profile** or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a **segment**.

This program has 20 levels of difficulty and up to 20 different resistance values per segment.

To select the **Manual** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Choose the **Manual** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X/ E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Begin exercising.

b) **Race**

The **Race** program gives you the chance to compete against three other challengers.

The multi-lane display in the last 14 segments lets you see your position and your competitors. When you first start the program, your own progress will be visible and you will be able to see your competitors. This lets you exercise at your own pace while letting you put yourself to the test in the final 14 segments.
















Throughout the program, the resistance levels will stay the same until you change them. A flashing dot indicates your position throughout the exercise. A solid colored dot represents your opponents.

You may adjust the resistance at any time during the exercise by pressing the **INCREASE/DECREASE SEGMENT** or **INCREASE/DECREASE LEVEL** keys if you want to change a **segment**. This program does not have a profile level.

You cannot save your race. The minimum distance is 0.2 miles.

Note: The flashing solid dot, green on the E230X or yellow on the E250X / E390X, in the top lane of the display is you. The lanes are light green.

To select the **Race** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Choose the **Race** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter the desired **distance** by pressing the **INCREASE/DECREASE SEGMENT** keys   for increments of **+/- 10** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered the distance, press **JustGo™** key  to validate.
5. Select the **Number of challengers** by pressing the **INCREASE/DECREASE SEGMENT** keys  . Once you have entered the number of challengers, press **JustGo™** key  to validate.
6. Begin exercising.

c) Beat my Race

The **Beat my Race** program gives you the chance to compete against yourself, challenging yourself to beat the time of your previous race. This program requires a User ID, which you may create in the setting menu (see section 2.8).

After entering your User ID, start the program. It will recall the distance you did on your previous race. You also have the possibility of changing the distance.

















On the display, the green dots are the track that you are following. A flashing orange dot indicates your position throughout the exercise.

Throughout the program, the resistance levels will stay the same until you change them. You may adjust the resistance at any time during the exercise by pressing the **INCREASE/DECREASE SEGMENT** or **INCREASE/DECREASE LEVEL** keys if you want to change a **segment**. This program does not have a profile level. This program has 20 different resistance values per segment.

Your race is saved automatically and the statistics are stored under your User ID (see section 2.8 for more details). The minimum distance is 0.2 miles.

Note: If you change the automatically proposed distance before beginning your exercise, you will erase all the settings from your previous race and you will not be racing against your last performance. The statistics of your current race will be saved under your User ID for future use.

To select the **Beat my Race** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Choose the **Beat my Race** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Select your **User ID** by pressing the **INCREASE/DECREASE SEGMENT** keys  . Once you have selected your USER ID, press the **JustGo™** key  to validate.
4. Validate your **previous distance** by simply pressing **JustGo™** key  to access the program. To change it, press the **INCREASE/DECREASE SEGMENT** keys   to enter the **new distance** and press the **JustGo™** key  to validate.
5. Begin exercising.

d) **Smart Reverse™**

Like any other program, the **Smart Reverse™** program guides you and helps you train in both directions, forward and backward. The interactive console indicates when you have to pedal forward and backward.

During a change of direction (**ex: forward to backward**), the console asks you to SLOW DOWN while the resistance on the pedal increases to help you slow down. You will also see the downward arrow to indicate that you should reduce your speed (see beginning of Chapter 3). Then PEDAL BACKWARD appears on the display.




















If you pedal the wrong way, PEDAL FORWARD or PEDAL BACKWARD appears on the display to help you remember the direction you were supposed to take. If you are pedaling in the right direction, "MAINTAIN THIS DIRECTION" appears and a sound is heard.




This program features **15 levels of difficulties and up to 20 different resistance values per segment**. A flashing orange dot indicates your position throughout the exercise.

You may change the resistance of a segment or the level of difficulty at any time by pressing respectively the **INCREASE/DECREASE SEGMENT** keys and/or the **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.

Note: When you pedal backward, the speed value on the display is negative. Ex: -40 RPM.

To select the **Smart Reverse™** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Select the **Smart Reverse™** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** (minimum time: **14 minutes**). Press the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes, the **INCREASE/DECREASE LEVEL** key   to enter the time in hours, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

5. Enter your **Level**. Press the **INCREASE/DECREASE LEVEL** key   to choose your level, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your level, press the **JustGo™** key  to validate.
6. Begin exercising.

e) Hill

The **Hill** program simulates climbing a hill using a preset hill profile. This program features 15 profiles and up to 20 different resistance values per segment.

You may adjust the resistance at any time by pressing the **INCREASE/DECREASE LEVEL** keys if you want to change the entire **profile** or the **INCREASE/DECREASE SEGMENT** keys if you just want to change a **segment**.

A flashing dot indicates your position throughout the program.

Note: If you have an E250X / E390X, this program will only be available in the Outdoors category.

To select the **Hill** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Select the **Hill** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys  . Press **JustGo™** key  to validate your selection.
6. Begin exercising.

f) **Intervals (1:1 – 1:2 – 2:1)**

The **Intervals** training program will help increase your cardiovascular strength while allowing you to alternate between high intensity work and low intensity rest periods.























You may create your exercise profile by selecting the best work and rest resistance value for you. You may change your work or rest intensity at any time. A flashing dot indicates your position throughout the exercise.




You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys because this program features a range of 20 resistances value per segment.

You may change the level of difficulty of your profile at any time using the **INCREASE/DECREASE LEVEL** keys.

Note: A 1:2 interval means 1 rest segment for 2 segments of work. Work resistance cannot be lower than rest resistance.

To select the **Intervals** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Choose the **Intervals** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press the **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys to enter the time in **hours** or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Select your **Interval Type (1:1, 1:2, or 2:1)** using the **INCREASE/DECREASE SEGMENT** keys  . Press the **JustGo™** key to validate your selection.
6. Enter **Min. Resistance (Rest)** using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate.

7. Enter **Max. Resistance (Work)** using the INCREASE/DECREASE SEGMENT keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate.
8. Begin exercising.

g) Distance Goal (5 k, 10 k, Half Marathon, Marathon, Custom)

The **Distance Goal** program lets you work out with a target distance as your goal. This preset profile simulates a run over a hilly surface. You may change the resistance at any time during the exercise if you find it too difficult or too easy.

This program features 15 levels of difficulty and up to 20 different resistance values per segment. A flashing dot indicates your position throughout the exercise. Based on the objective selected, default segment lengths are 1 minute, 0.1 km or mile, or 10 calories.

You may change the segment length. To do so, refer to Section 2.13 of the Settings Menu.

To select the **Distance Goal** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
2. Choose the **Distance Goal** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / 390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Select your **Distance (5 k, 10 k, Half Marathon, Marathon, Custom)** using the **INCREASE/DECREASE SEGMENT** keys  . Press the **JustGo™** key  to validate your selection.
5. If you have selected **Custom** (if not, skip to Step 6), enter your **distance** by pressing the **INCREASE/DECREASE SEGMENT** keys   for increments of +/-10 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your distance.
6. Select your **Level** using the **INCREASE/DECREASE LEVEL**   keys or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
7. Begin exercising

h) Target Watts

The **Target Watts** program allows you to exercise at a constant level of energy expenditure (Watts). The resistance adjusts automatically to ensure the target energy level is maintained.

To increase or decrease the program's level of difficulty, you have to adjust the target **Watts**. The minimum is 20 watts and the maximum is 500 watts.

You may change the resistance value or the level of difficulty during this exercise if you find the workout too hard or too easy. A flashing dot indicates your position throughout the exercise.

To select the **Target Watts** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Be Active** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Be Active** key  to access your category directly.
 2. Choose the **Target Watts** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Be Active** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
 3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
 4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
 5. Enter your **Target Watts** using the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
 6. Begin exercising.
-

3.3 Body Shape



Body Shape features programs designed to tone and sculpt your body. From weight loss to muscle tone, you'll find programs tailored to meet your needs.

- a) **Goodbye Fat**
- b) **Ultimate Thighs**
- c) **Total Body Strength**

- d) **Buns of Steel**
- e) **Calorie Goal**

a) Goodbye Fat




















The **Goodbye Fat** program is designed to burn off the fat stored in your body. It promotes weight loss by keeping you in a comfortable zone that draws on energy directly from the areas of your body where fat is.




The program features a resistance profile that is relatively easier than other programs, but effective in promoting weight loss when followed for a long period of time. **This program features 15 levels of difficulties and up to 20 different resistance values per segment.** A flashing dot indicates your position throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys because this program features a range of 20 resistance values per segment.

You may change the level of difficulty at any time using the **INCREASE/DECREASE LEVEL** keys.

To select the **Goodbye Fat** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Body Shape** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Body Shape** key  to access your category directly.
2. Select the **Goodbye Fat** program using the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Body Shape** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** key   to enter the time in hours, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the JustGo™ key  to validate your selection.
6. Begin exercising.

b) Ultimate Thighs

The **Ultimate Thighs** program will help tone your quadriceps. The program focuses on the thighs with a resistance profile designed to tone these muscles.

What is more, throughout the program, the interactive console indicates which body positions to take on the elliptical to help you work this area of your body more effectively. You may use the handlebars for support when taking the various positions.

This program features **15 levels of difficulties and up to 20 different resistance values per segment**. A flashing dot indicates your position throughout the exercise.















You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys.









You may change the level of difficulty at any time using throughout your workout with the **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.

To make sure you don't overlook your cardiovascular goals in this primarily muscle-based program, we have included a target speed profile. You cannot modify the speed profile.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target (see beginning of Chapter 3).

To select the **Ultimate Thighs** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Body Shape** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Body Shape** key  to access your category directly.
2. Select the **Ultimate Thighs** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Body Shape** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.

4. Enter your workout **Time** (minimum time : **14 minutes**) by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys   to enter the time in hours or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Select your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

c) Total Body Strength

The **Total Body Strength** program is designed to tone various parts of your body (arms, legs, back, thighs and others). The interactive console indicates the body positions to take on the elliptical to help you work some areas of your body more effectively. You may use the bars for support when taking these various positions.

This program features **15 levels of difficulties** and **up to 20 different resistance values per segment**. A flashing solid dot indicates your position throughout the exercise.

You may change the resistance value of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys.










You may change the level of difficulty at any time using throughout your workout with the **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.














To make sure you don't overlook your cardiovascular goals in this primarily muscle-based program, we have included a target speed profile. You cannot modify the speed profile.

The target speed is constant throughout this program. It will appear at the beginning of your workout so you could keep that speed in mind throughout your exercise, unless you decide to change the level of difficulty.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target RPM (**see beginning of Chapter 3**).

To select the **Total Body Strength** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Body Shape** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Body Shape** key  to access your category directly.
2. Select the **Total Body Strength** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Body Shape** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** (minimum time : **14** minutes) by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys   to enter the time in hours or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

d) **Buns of Steel**

The **Buns of Steel** program focuses specifically on the glutes. The resistances and positions to take have been combined to help you tone up this area of your body.

This program features 15 levels of difficulties and up to 20 different resistance values per segment. A flashing dot indicates your position throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys.










You may change the level of difficulty of your profile at any time using the **INCREASE/DECREASE LEVEL** keys.














To make sure you don't overlook your cardio goals in this primarily muscle-based program, we have included a target speed profile. You cannot change the speed profile.

The interactive console indicates which positions to take and your target speed. You may use the handlebars for support when taking these various positions.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target (**see beginning of Chapter 3**).

To select the **Buns of Steel** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Body Shape** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Body Shape** key  to access your category directly.
2. Select the **Buns of Steel** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Body Shape** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.

3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** (minimum : 14 minutes) by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys   to enter the time in hours or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

e) **Calorie Goal** (100, 150, 200, Custom)














The **Calorie Goal** lets you work out with the goal of burning a specific number of calories. This preset profile simulates a run over a hilly surface. You may change the resistance at any time during the exercise if you find it too difficult or too easy.


This program features **15 levels of difficulties and up to 20 different resistance values per segment**. A flashing solid dot indicates your position throughout the exercise.




You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys.




You may change the level of difficulty of your profile at any time using the **INCREASE/DECREASE LEVEL** keys.

To select the **Calorie Goal** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Body Shape** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Body Shape** key  to access your category directly.
2. Select the **Calorie Goal** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Body Shape** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by

using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.

4. Choose your target **calories (100, 150, 200, Custom)** using the **INCREASE/DECREASE SEGMENT** keys   . Press the **JustGo™** key  to validate your selection.

5. If you have selected **Custom**, enter your target calories (**if not skip to Step 6**) using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate.

6. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the **JustGo™** key  to validate your selection.

7. Begin exercising.



3.4 Heart Rate



The **Heart Rate** category allows you to do exercise programs at a predetermined heart rate level. In some programs, you can customize the values to your needs.

- a) Target HRT
- b) Heart Rate Intervals

- c) Optimal Weight Loss

Your maximal heart rate (MHR) is calculated as follows: $MHR = 220 - \text{Age}$

Note: This category requires wearing the heart rate chest strap.

a) Target HRT







The **Target HRT** program features exercises based on the user's preset target heart rate. In order to reach and maintain the desired heart rate zone, the resistance automatically adjusts to provide the necessary intensity.

A default target heart rate (BPM) value will be suggested based on your age. This is calculated at 75% of your maximum possible heart rate. In the program, the minimum possible target heart rate is 45 and the maximum is 218.

Note: For a better idea of your various heart rate zones and possible work heart rate values, consult **Section 1.1 – J** of your manual.

To select the **Target HRT** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys to select the **Heart Rate** category . Once your selection is made, press **JustGo™** key to accept. If you have an **E250X / E390X**, press the **Heart Rate** key to access your category directly.
2. Select the **Target HRT** program with the **INCREASE/DECREASE SEGMENT** keys or by repeatedly pressing the **Heart Rate** keys if you have an **E250X / E390X**. Once you have selected the program, press the **JustGo™** key to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys to adjust the value in increments of ± 10 and the **INCREASE/DECREASE SEGMENT** keys to adjust the value by increments of ± 1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key to validate.
4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys to enter the time in minutes, the **INCREASE/DECREASE LEVEL** key to enter the time in hours, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key to validate.

5. Enter your **Age** using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your age, press **JustGo™** key  to validate.
6. Enter your **Target BPM (Beats Per Minute)** by pressing the **INCREASE/DECREASE SEGMENT** keys   or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your target BPM, press **JustGo™** key  to validate.
7. Begin exercising.

b) Heart Rate Intervals




















The **Heart Rate Intervals** program alternates between work and rest periods. The resistance is automatically adjusted to allow you to stay in the work or rest heart rate zone you define at the beginning of the exercise.













Work and rest periods alternate at the selected intervals. A flashing solid dot indicates your position throughout the exercise.

The work heart rate cannot be lower than the rest heart rate.

Note: For a better idea of your various heart rate zones and possible work heart rate values, consult **Section 1.1 – J** of your manual.

To select the **Heart Rate Intervals** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Heart Rate** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Heart Rate** key  to access your category directly.
2. Select the **Heart Rate Intervals** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Heart Rate** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** key   to enter the time in hours or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

5. Enter your **Age** using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your age, press **JustGo™** key  to validate.
6. Enter your **Rest Heart Rate (Rest BPM)** by pressing the **INCREASE/DECREASE SEGMENT** keys   or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your rest heart rate, press **JustGo™** key  to validate.
7. Enter your **Work Heart Rate (Work BPM)** by pressing the **INCREASE/DECREASE SEGMENT** keys   or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your work heart rate, press **JustGo™** key  to validate.
8. Enter the **Interval Time (Int. Time)** using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your interval time, press **JustGo™** key  to validate.
9. Begin exercising.

c) Optimal Weight Loss

The **Optimal Weight Loss** program is perfect for optimizing your workouts to help you lose weight. It is designed to improve the efficiency of your workout based on how much time you have to exercise.






This program combines **three options**: 40 minutes or less **(1)**, 40 to 60 minutes **(2)**, and 60 minutes or more **(3)**. As such, the computer selects the best option for you. These options optimize weight loss during and after your exercise.









In all three cases, the resistance automatically adjusts to keep you in the appropriate heart rate zone to lose weight and reduce fat stored in your body.

Moreover, to make sure you don't overlook your cardiovascular goals, a speed profile has been created for options **(1)** and **(2)** to stimulate your base metabolism so you will continue burning fat after your workout is over. So don't be surprised when the interactive computer gives you target speeds to reach.

This program offers 3 levels of difficulties—Novice, Intermediate, and Expert—when options 1 or 2 are selected. You may change the resistance at any time during the exercise if you find it too difficult or too easy. You cannot change the speed profile. A flashing solid dot indicates your position throughout the exercise.

To select the **Optimal Weight Loss** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Heart Rate** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Heart Rate** key  to access your category directly.

2. Select the **Optimal Weight Loss** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Heart Rate** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Enter your **Age** using the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your age, press **JustGo™** key  to validate. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   . Press the **JustGo™** key  to validate your selection.
6. Begin exercising.
-
-
-
-

3.5 Custom Program



Bodyguard® machines allow you to create your own pre-programmed profiles and/or save and recall previously completed exercises.

This is particularly useful if you want to define an exercise profile in advance or save a program whose profile you have modified to your specific needs.

- a) **Memory**
- b) **Learn Programs**

- c) **Statistics**

a) Memory


















The **Memory** program allows you to recall an exercise you have previously saved. When the **Saving option** is activated, the console displays two arrows at the end of every exercise to indicate that you can press **JustGo™** to save the exercise that you have just completed.






Only the following programs can be saved: **JustGo, Manual, Intervals, Target HRT, and Heart Rate Intervals.**

Note: To activate the **Saving option**, consult Section 2.11 of your manual.

Note: You can only save programs with a **minimum duration of 14 segments.** (See section 2.13)

To choose a program in **Memory**:










1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Custom Program** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Custom Program** key  to access your category directly.
2. Select **Memory** by pressing the **INCREASE/DECREASE SEGMENT** keys  , or by repeatedly pressing the **Custom Program** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. The programs saved will then be displayed on screen. You may select a saved program by pressing the **INCREASE/DECREASE SEGMENT** keys   until the name of the desired program appears. Press the **JustGo™** key  to validate your selection.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes and the **INCREASE/DECREASE LEVEL** keys   to enter the time in hours or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

- Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
- Begin exercising.











b) Learn Program

The Edit Program function allows you to create your own programs and save them for later workouts.

To select **Learn Program**:









- Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Custom Program** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Custom Program** key  to access your category directly.
- Select **Learn Program** by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Custom Program** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.

To **Create** a program:

- In **Learn Program**, select Create a New Program using the **INCREASE/DECREASE SEGMENT** key  . Press the **JustGo™** key  to validate your selection.
- Select the desired number of segments for this program using the **INCREASE/DECREASE SEGMENT** keys  . Press the **JustGo™** key  to validate.
- On screen, increase or decrease the resistance of the current segment by pressing the **INCREASE/DECREASE SEGMENT** keys   or the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your resistance value, press the **JustGo™** key  to validate. Repeat this process for each segment.
- Press the **JustGo™** key  to save your new program.

Note: You can create up to 2 programs with the E230X and 4 programs with the E250X / E390X.

To **Select** a program:










1. In **Learn Program**, choose Select a Program using the **INCREASE/DECREASE SEGMENT** keys   .
Press the **JustGo™** key  to validate.
2. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
3. Begin exercising.

Note: The exercise level option is not available when you select an exercise using Edit Program.

c) Statistics

This option allow a user to view is own training statistics. Remember that you must create a User ID to use this option, (see section 2.8).

To **view statistics** :

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Custom Program** category  .Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Custom Program** key  to access your category directly.
2. Choose **Statistics** by pressing the **INCREASE/DECREASE SEGMENT** keys   , or by repeatedly pressing the **Custom Program** key  if you have an **E250X / E390X**. Once you selection is done, press **JustGo™** key  to access the program.
3. Select the **User Id name** and press **JustGo™**. The following parameters will be displayed is the Used id is activate:
 - TOTAL DISTANCE displays the distance traveled for the entire exercise.
 - CALORIES BURNED display the approximate caloric expenditure for the entire exercise.
 - TOTAL EXERCISE TIME displays the length of the exercise in minutes and seconds.



3.6 Outdoors



The **Outdoors** category allows you to simulate outdoor activities.

- a) **Mountain Run**
- b) **Mountain Walk**

- c) **Hill**

a) **Mountain Run**

The **Mountain Run** program simulates running on a mountain. You will challenge your heart as much as your muscles. This program features 15 profiles and up to 20 different resistance values per segment.




















The red line indicates the speed and the green line indicates the level of the profile chosen. A flashing orange dot indicates your position throughout the exercise.




You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys or using the **QUICK RESISTANCE NUMERIC KEYS**. You may adjust the level of difficulty at any time using the **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.

To make sure you don't overlook your cardio goals we have included a target speed profile. You can not change the speed profile. However, if you change the level of difficulty it can change the target speed profile.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target (see beginning of Chapter 3).

To select the **Mountain Run** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Outdoors** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Outdoors** key  to access your category directly.
2. Select the **Mountain Run** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Outdoors** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes, the **INCREASE/DECREASE LEVEL** key   to enter the time in hours, or use the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

- Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   , or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
- Begin exercising.

b) Mountain Walk

The **Mountain Walk** program simulates walking on a mountain. This program features 15 profiles and up to 20 different resistance values per segment.




















The red line indicates the speed and the green line indicates the level of the profile chosen. A flashing orange dot indicates your position throughout the exercise.




You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE SEGMENT** keys or using the **QUICK RESISTANCE NUMERIC KEYS**. You may adjust the level of difficulty at any time using the **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.

To make sure you don't overlook your cardio goals we have included a target speed profile. You cannot change the speed profile. However, if you change the level of difficulty it can change the target speed profile.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target (**see beginning of Chapter 3**).

To select the **Mountain Walk** program:

- Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Outdoors** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Outdoors** key  to access your category directly.
- Select the **Mountain Walk** program with the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Outdoors** key  if you have an **E250X / E390X**. Once you have selected the program, press **JustGo™** key  to access the program.
- Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
- Enter your workout **Time**. Press the **INCREASE/DECREASE SEGMENT** keys   to enter the time in minutes, the **INCREASE/DECREASE LEVEL** key   to enter the time in hours, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   , or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
6. Begin exercising.























c) Hill

The **Hill** program simulates climbing a hill using a preset hill profile. This program features 15 profiles and up to 20 different resistance values per segment.

You may adjust the resistance at any time by pressing the INCREASE/DECREASE LEVEL keys if you want to change the entire **profile** or the INCREASE/DECREASE SEGMENT keys, or using the QUICK RESISTANCE NUMERIC KEYS if you just want to change a **segment**.

A flashing orange dot indicates your position throughout the program.

To select the **Hill** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Outdoors** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Outdoors** key  to access your category directly.
2. Select the **Hill** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Outdoors** key  if you have an **E250X / E390X**. Once you have selected the program, press the **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   , or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

3.7 Sports Training



The **Sports Training** category allows you to train as if you were actually practicing a sport.

- | | |
|--------------------|-------------------------|
| a) Golf | d) Hockey |
| b) Football | e) Olympic Track |
| c) Soccer | |

a) Golf

The **Golf** program simulates the amount of walking you would do during a golf game. You can walk nine or eighteen holes.

The program features 3 levels of difficulty and up to 20 different resistance values per segment. A flashing orange dot indicates your position throughout the exercise.

You may change the level of difficulty at any time during the workout with **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.

You may adjust the resistance of a segment at any time using the **INCREASE/DECREASE SEGMENT** keys or the **QUICK RESISTANCE NUMERIC KEYS**.

Note: Remember, when you end the program, it will indicate how many holes you have walked.

To select the **Golf** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Sports Training** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Sports Training** key  to access your category directly.
2. Select the **Golf** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Sports Training** key . Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Choose itinerary (from: 1 to 9 Holes - 10 to 18 holes – 1 to 18 Holes) with the **INCREASE/DECREASE SEGMENT** keys  . Press the **JustGo™** key  to validate your choice.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys  , or use the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

b) Football

The **Football** program allows you to train as if you were a football player. This program combines forward and backward movement as well as high intensity sprints.

The program features 15 levels of difficulty and up to 20 different resistance values per segment. A flashing orange dot indicates your position throughout the exercise.


















You may change the level of difficulty at any time during the workout with **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy. You may adjust the resistance of a segment at any time using the **INCREASE/DECREASE SEGMENT** keys or the **QUICK RESISTANCE NUMERIC KEYS**.

To make sure you don't overlook your cardio goals, we have included a target speed profile. But when you get into SPRINT MODE, THERE IS NO TARGET SPEED TO FOLLOW. Just pedal as fast as you can.

You cannot change the speed profile. However, if you change the level of difficulty it can change the target speed profile.

Note: The speed profile features a suggested speed. An arrow appears on the display to indicate whether you need to reduce or increase your speed to meet the target (**see beginning of Chapter 3**).

To select the **Football** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Sports Training** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Sports Training** key  to access your category directly.
2. Select the **Football** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Sports Training** key . Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys  , or use the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
6. Begin exercising.

c) **Soccer**

The **Soccer** program features soccer exercises based on the user's preset target heart rate.

To help you reach and maintain your age-based target heart rate zone (**see section 1.1 -J**), the resistance automatically adjusts to provide the necessary intensity. The workout heart rate zone varies between 60% and 85% of your maximum BPM (beat per minutes).

The program features 15 levels of difficulties and up to 20 different resistance values per segment. A flashing orange dot indicates your position throughout the exercise.






















You may change the level of difficulty at any time during the workout with **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.




You may adjust the resistance of a segment at any time using the **INCREASE/DECREASE SEGMENT** keys or the **QUICK RESISTANCE NUMERIC KEYS**.

The minimum time you can do in this exercise is 14 minutes.

Note: This program requires wearing the heart rate chest strap.

To select the **Soccer** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Sports Training** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Sports Training** key  to access your category directly.
2. Select the **Soccer** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Sports Training** key . Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.
5. Enter your **Age**. Press the **INCREASE/DECREASE SEGMENT** keys   to choose your age, or use the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your age, press the **JustGo™** key  to validate.

6. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys   , or use the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
7. Begin exercising.

d) Hockey

The **Hockey** program features hockey exercises based on the user's preset target heart rate.

To help you reach and maintain your age-based target heart rate zone (**see section 1.1 -J**), the resistance automatically adjusts to provide the necessary intensity. The workout heart rate zone varies between 60% and 85% of your maximum BPM (beat per minutes).

The program features 15 levels of difficulties and up to 20 different resistance values per segment. A flashing orange dot indicates your position throughout the exercise.



















You may change the level of difficulty at any time during the workout with **INCREASE/DECREASE LEVEL** keys if you find the exercise too hard or too easy.


You may adjust the resistance of a segment at any time using the **INCREASE/DECREASE SEGMENT** keys or the **QUICK RESISTANCE NUMERIC KEYS**.







The minimum time you can do the exercise is 5 minutes.

Note: This program requires wearing the heart rate chest strap.

To select the **Hockey** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Sports Training** category  . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Sports Training** key  to access your category directly.
2. Select the **Hockey** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Sports Training** key  . Once you have selected the program, press **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the **QUICK RESISTANCE NUMERIC KEYS** if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your workout **Time** by pressing the **INCREASE/DECREASE SEGMENT** keys   to enter the time in **minutes** and the **INCREASE/DECREASE LEVEL** keys   to enter the time in **hours** or by using the **QUICK**

RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your time, press the **JustGo™** key  to validate.

















5. Enter your **Age**. Press the **INCREASE/DECREASE SEGMENT** keys   to choose your age, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your age, press the **JustGo™** key  to validate.
6. Choose your **Level** using the **INCREASE/DECREASE LEVEL** keys  , or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Press the **JustGo™** key  to validate your selection.
7. Begin exercising.

e) Olympic Track

The **Olympic Track** program simulates running on an Olympic Track. The minimum distance you can do is 1 lap or 400 meters. A flashing dot indicates your position on the green track throughout the exercise.

You may change the resistance of a segment at any time by pressing the **INCREASE/DECREASE LEVEL** keys or the **INCREASE/DECREASE SEGMENT** keys or using the **QUICK RESISTANCE NUMERIC KEYS** if you find the exercise too hard or too easy.

To select the **Olympic Track** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Sports Training** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Sports Training** key  to access your category directly.
2. Select the **Olympic Track** program by pressing the **INCREASE/DECREASE SEGMENT** keys   or by repeatedly pressing the **Sports Training** key . Once you have selected the program, press **JustGo™** key to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of +/-10 and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of +/-1 or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your **Number of laps** by pressing the **INCREASE/DECREASE SEGMENT** keys  , or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your number of laps, press the **JustGo™** key  to validate.
5. Begin exercising.

3.8 Fitness Test




















The **Fitness Test** is a custom-made sub maximal test designed to help you achieve your goals by measuring your cardio-respiratory fitness. **Maximal oxygen uptake (VO_{2max})** is defined as the maximum volume of oxygen that can be taken up, distributed and used by the body during physical activity. Testing your VO_{2max} before starting an exercise allows you to evaluate yourself and define the appropriate exercise intensity level.

For the sub maximal test, you are challenged to reach 80% of your maximum heart rate. This result is then used to extrapolate your **Maximal oxygen uptake (VO_{2max})**. This test features target speeds and resistances. It is very important to follow the instructions on the console to make sure that the test is valid. The test will stop once you reach 80% of your target BPM (beat per minutes).

The target speed is important in this program, so make sure you stick to it. If your speed is too low or too high, an arrow appears on the display to indicate that you should reduce or increase your speed to meet the target (**see beginning of Chapter 3 for more details**).

Note: For this program, you must wear the heart rate chest strap. Cardio-respiratory fitness is a combination of cardiovascular fitness and respiratory fitness. Always keep in mind that this test is sub maximal, so the results are only approximate.


To select the **Fitness Test** program:

1. Press the **INCREASE/DECREASE SEGMENT** keys   to select the **Fitness Test** category . Once your selection is made, press **JustGo™** key  to accept. If you have an **E250X / E390X**, press the **Fitness Test** key  to access your category directly.
2. Select the **Fitness Test** program by pressing **JustGo™** key  to access the program.
3. Enter your **Weight** by pressing the **INCREASE/DECREASE LEVEL** keys   to adjust the value in increments of **+/-10** and the **INCREASE/DECREASE SEGMENT** keys   to adjust the value by increments of **+/-1** or by using the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your weight, press the **JustGo™** key  to validate.
4. Enter your **Age**. Press the **INCREASE/DECREASE SEGMENT** keys   to choose your age, or use the QUICK RESISTANCE NUMERIC KEYS if you have an **E250X / E390X**. Once you have entered your age, press the **JustGo™** key  to validate.
5. Enter your **Gender**. Press the **INCREASE/DECREASE SEGMENT** keys   to choose your gender. Once you have entered your gender, press the **JustGo™** key  to validate.
6. Begin exercising by holding the fixed bars. Do not hold the moving bars since it can change the result.

3.9 Add Time



The **Add Time** key is programmed to allow you to add time, distance or calories to your program while you are working out. When you begin a program, you set the time, distance or calories. This feature increases the duration of your program.

The key only works if you are already in a program. All you have to do is press the  key repeatedly until you have added the time, distance or calories you need. You can use this key in most of the programs with the exception of **Race – Beat My Race – Smart Reverse – Optimal Weight Loss – Golf – Olympic Track**.

Note: Every time you push the key, you hear a double beep and a message appears on the scrolling screen telling how much you have added (except Ultimate Thighs – Total Body Strength – Buns of Steel). **Every time you push the key, you add 60 seconds, 10 calories or 0.1 mile or 0.1km.**



4. HEART RATE MONITORING

4.1 Contact Heart Rate System

This machine has a built-in contact heart rate system that allows you to verify your heart rate during a workout without wearing a heart rate chest strap. By holding the contact bars on the handlebars, you will see your current pulse on screen. (To get a reading, make sure your hands are not too moist (sweaty) when you touch the contact bars.)

Possible problems with the contact heart rate reading system.

Please refer to the following table for troubleshooting tips for the contact heart rate reading system. This machine uses an ECG (electrocardiogram) circuit board with metal plates connected by conductor wires. The circuit board is built into the machine.

Troubleshooting Checklist—Table 2

PROBLEM	LIKELY CAUSE	SOLUTION
<ul style="list-style-type: none">• No reading	<ul style="list-style-type: none">• Hands not in contact with metal plates long enough• Defective ECG circuit board• Conductor wires not properly connected	<ul style="list-style-type: none">• Wait 5 to 10 seconds for a good reading• Change ECG circuit board• Check connections
<ul style="list-style-type: none">• Erratic readings	<ul style="list-style-type: none">• Hands not in contact with metal plates long enough• Defective ECG circuit board• Fluorescent (neon) lights too close to console• Interference from other signals	<ul style="list-style-type: none">• Do not move hands• Change ECG circuit board• Move machine• Turn power off or Move machine

4.2 Heart Rate Chest Strap

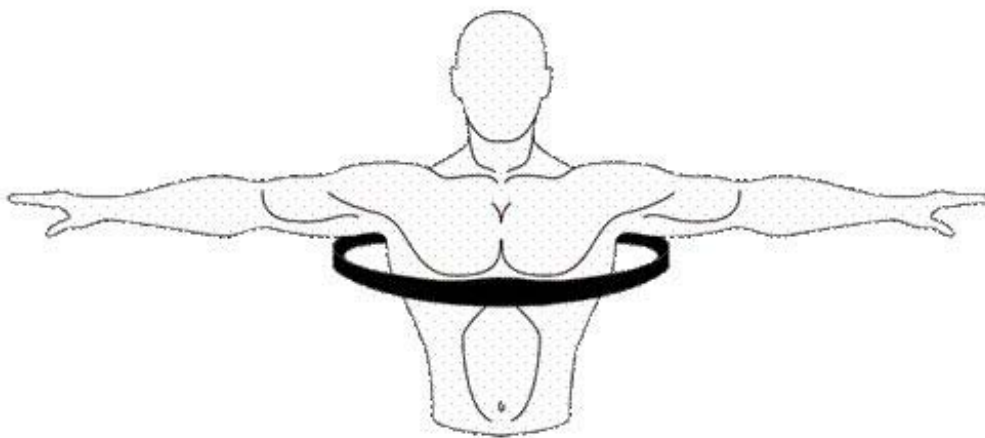
The BODYGUARD® Fitness E230X / E250X / E390X is designed for use with the heart rate chest strap. The chest strap allows the computer to monitor your heart rate or beats per minute. This value is displayed on the computer screen and should only be used as a guide in helping you achieve your personal fitness goals.

If the strap is not used, no heart rate reading will be displayed onscreen. It is important to consult a physician before starting an exercise program or using a heart rate chest strap with exercise equipment.

CAUTION – We recommend that you read this instruction manual carefully before you begin using this machine. Use of this equipment by persons with heart or other medical problems may result in serious injury. It is recommended that you consult a physician before using this machine. It is also recommended that you periodically consult your physician as you continue to use this equipment. Immediately cease exercise if you feel dizzy, faint, or short of breath. Use of this equipment in a manner other than as prescribed in this instruction manual may result in serious injury.

In order to help you choose an effective exercise program and determine your recommended Target heart rate training zone, find your age on the heart rate chart at the beginning of the manual and check the target heart rate zone for the various intensity levels. These levels include the Fat Burning, Healthy Heart, and Aerobic Training zones.

TIP—You should moisten the back of the heart rate chest strap from time to time to make sure it transmits a signal. Use a few drops of water to moisten the strap and place it directly on your skin. The strap will not work properly if worn over your clothes.



Possible Chest Strap Heart Rate Problems and Solutions

All BODYGUARD® Fitness machines are compatible with Polar wireless heart rate monitor systems. Each system includes a chest strap and receiver. The receiver is built into the machine beneath the bottle holder. Chest straps are available at all BODYGUARD® Fitness and Polar retailers. If you are having problems with reception, consult the troubleshooting checklist below.





PROBLEM	POSSIBLE CAUSE	SOLUTION
• No Signal	<ul style="list-style-type: none"> • Dead battery in strap • Dry electrodes • Wrong strap 	<ul style="list-style-type: none"> • Change battery or change chest strap • Moisten electrodes with water • Use Polar or compatible Polar straps
• Weak signal	<ul style="list-style-type: none"> • Electrodes not wet enough • Strap not tight enough • Too much body fat • Chest size too small or too big • Receiver problem 	<ul style="list-style-type: none"> • Moisten electrodes with water • Put on tighter • No solution • Adjust chest strap • Use Diagnostics menu to check signal (See Heart Rate Test section)
• Erratic signal	<ul style="list-style-type: none"> • Wrong strap • Interference from other signals • Electrodes not wet enough 	<ul style="list-style-type: none"> • Use Polar or compatible Polar straps • Move machine away from potential sources of interference • Moisten electrodes with water

The above table should help you to properly diagnose the problem. Note that the signal is not necessarily transmitted immediately. The chest strap electrodes need to be moistened in order to send a strong signal. Interference from radios and neon lights can also reduce the strength of the signal.

5. COMPUTER DIAGNOSTICS

Accessing the “Diagnostics” Menu

To determine the condition of the various electrical and mechanical components, access the DIAGNOSTICS menu as follows:

1. Turn power OFF (E230/E250X only).
2. Simultaneously hold down the INCREASE/DECREASE LEVEL keys   and turn power ON or start pedaling for the E390X.
3. Once the DIAGNOSTICS menu appears, release the INCREASE/DECREASE LEVEL keys  .
4. Press **JustGo™** to access Diagnostic menu.

When you access the DIAGNOSTICS menu, you will notice the following message: Example: “E230X VX.X”

This message indicates the version of the computer software installed on your computer display monitor. This information is helpful in diagnosing certain computer-related problems. Keep in mind that the version number may change depending on the model number of your E230X / E250X / E390X elliptical.

The E230X / E250X / E390X elliptical allows you to perform the following tests:

- NVRAM TEST
- KEYPAD TEST
- DISPLAY TEST
- HEART RATE TEST
- CLOCK TEST
- SMART CARD TEST
- SOUND TEST
- BRAKE TEST
- SPEED SENSOR TEST
- STATISTICS

To perform any of the above procedures, press the INCREASE/DECREASE LEVEL keys   to select the one you want and press the **JustGo™** key to accept.

Note: For all the following tests on the E390X, you might have to enter the diagnostics menu and pedal at a minimum of 15 RPM to perform. The battery will hold the display lit for 30 seconds (default value, if you want change it, refer to section 2.14).

NVRAM TEST

The NVRAM is a memory chip that saves information even when the elliptical has been turned off. Note that the NVRAM test will not erase any stored information.

1. In the DIAGNOSTICS menu, select NVRAM TEST and press the **JustGo™** key to accept.
2. The computer will display the following message: NVRAM TEST SUCCEEDED
3. Press the STOP key to quit the test.

KEYPAD TEST

The keypad test allows you to verify that each key is responding when pressed.

1. In the DIAGNOSTICS menu, select KEYPAD TEST and press the **JustGo™** key to accept.
2. Press each key one at a time and verify the confirmed response on the screen. For example, if you press the STOP key, the screen will display STOP, indicating that the key press was recognized.
3. Press the STOP and **JustGo™** keys simultaneously.

DISPLAY TEST

The display test allows you to verify that each display light is working properly. If you notice that one or more areas on the screen do not light up while you exercise, you should perform this test.

1. In the DIAGNOSTICS menu, select DISPLAY TEST and press the **JustGo™** key to accept.
2. Now the display will illuminate a certain way. To proceed to the next display pattern, press any key. Press STOP to terminate the test.

HEART RATE TEST

The heart rate test allows you to determine if the heart rate systems (chest strap and hand grips) are working properly and that the computer is displaying your heart rate signal during a program.

1. In the DIAGNOSTICS menu, select HEART RATE TEST and press the **JustGo™** key to accept.
2. Attach your heart rate chest strap. You do not need to get on the machine for this test, but simply stand near the computer. Within a few seconds, your current heart rate signal will be displayed on the top display window (Dedicated Heart Rate Window).
3. Do the same for the hand grip system; put your hands on the two metal plates and wait for 5 to 10 seconds; your actual heart rate signal will be displayed on the scrolling screen window
4. Press STOP to terminate the test.

CLOCK TEST

The CLOCK TEST allows you to verify the clock chip and circuitry.

1. In the DIAGNOSTICS menu, select CLOCK TEST and press the **JustGo™** key to accept.
2. The computer will display the message: CLOCK TEST SUCCEEDED
3. Press CLEAR/STOP to terminate the test

SMART CARD TEST

The SMART CARD TEST allows you to verify that the smart card slot and circuitry is able to read or write information from or on a smart card. You must use a smart card user type.

1. In the DIAGNOSTICS menu, select SMART CARD TEST and press the **JustGo™** key to accept.
2. Insert smart card. The message SMART CARD GOOD will appear.
3. Press STOP to terminate the test.

SOUND TEST

The beeper test will cause the beeper to sound.

1. In the DIAGNOSTICS menu, select **SOUND TEST** and press the **JustGo™** key to accept.
2. Listen for a series of beeps. Press any key to terminate the test.

BRAKE TEST

The brake test allows you to feel if the braking system is performing according to the percentage of brake required on screen.

1. In the DIAGNOSTICS menu, select **BRAKE TEST**. To start the test, press the **JustGo™** key.
2. Vary the brake resistance from 0% to 100% by pressing the INCREASE/DECREASE segment key. Ensure that pedal resistance matches the selected setting (0, 25, 50, 75, or 100).
3. Press STOP to terminate the test.

SPEED SENSOR TEST

The Speed Sensor test allows you to see whether your speed sensor circuit is functional or not. In the DIAGNOSTICS menu, select SPEED SENSOR TEST and press the **JustGo™** to accept.

1. A message will be displayed on the scrolling screen indicating whether the sensor is good or bad.
 - Check if your speed sensor is connected.
 - Check to make sure the sensor is not dirty.
2. Operate the pedals. Once the computer has finished counting, it will display the following message: THE SENSOR IS OK.
3. Press STOP to terminate the test.

STATISTICS

The statistics allow you to view various parameters related to the use of your elliptical, such as time and distance.

1. In the DIAGNOSTICS menu, select STATISTICS and accept it by pressing JustGo™.
 - The TOTAL DISTANCE displayed indicates the total distance traveled with the elliptical during all exercise programs (XX.XX miles).
 - The TOTAL TIME displayed indicates the amount of time the treadmill has been used during all exercise programs (XX Months – XX Day - XX Hours - XX Min).
2. Press STOP to terminate the test.

6. MAINTENANCE INFORMATION

6.1 General care

Your E230X / E250X / E390X elliptical was designed and built to give you trouble free use. For maximum safety, however, you should periodically check your unit for signs of wear.

Here is a quick checklist:

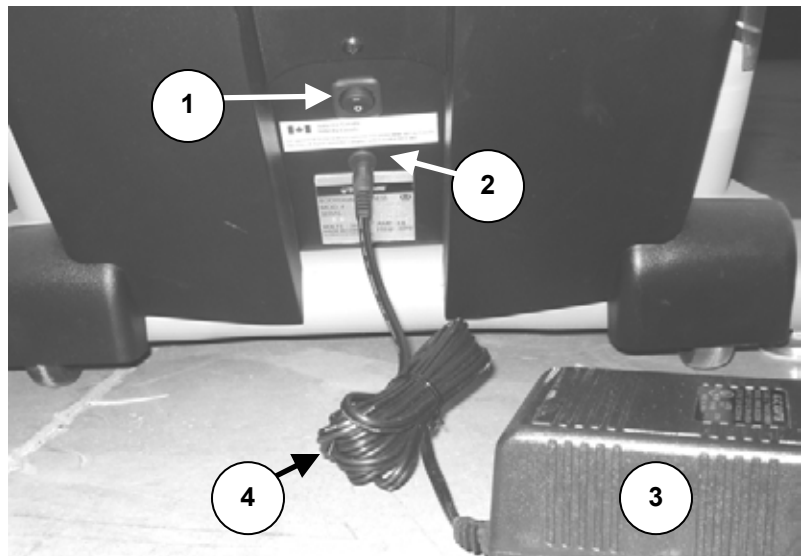
- After each workout, you should wipe down your E230X / E250X / E390X elliptical using a mild, non-abrasive liquid cleanser applied on a soft cloth. Do not spray cleansers directly on the unit or use an excessively damp cloth. Do not clean the unit with power ON. Be sure that it is OFF (E230X / E250X only).
- Be sure that the elliptical is on a level surface and that it is not rocking.
- Keep liquids, including sweat, away from the computer console.
- Pedals and handlebars must be kept clean. Dirt and debris can make surfaces slippery and may cause slipping when exercising.
- Check that the central handlebars are secure to the frame.
- It is also recommended to periodically remove any dust that has accumulated on the elliptical.
- If you feel that something is loose or hear any unusual grinding or knocking while exercising, have your elliptical checked by a certified technician.

If you experience a problem during the normal operation of your E230X / E250X / E390X elliptical, use the Quick Troubleshooting section. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for repair of your elliptical.

WARNING (FOR E230X / E250X ONLY) – To prevent risk of electrical shock or fire, always turn the power OFF and disconnect the power cord, whenever you are cleaning, inspecting, or repairing your E230X / E250X Elliptical.

Make sure that the power is OFF before doing any maintenance.

- 1 – ON/OFF switch (only on the E230X / E250X)
- 2 – Power inlet (for transformer on E230X / E250X and recharger jack for E390X.
- 3 – Transformer for E230X / E250X
- 4 – Power cord for E230X / E250X



6.2 Quick Troubleshooting Checklist

If you experience a problem during the normal operation of your E230X / E250X / E390X elliptical, use the Quick Troubleshooting Checklist. If you are unfamiliar with or uncertain about basic diagnostic maintenance procedures, contact your Authorized Bodyguard® Dealer for repair of your elliptical.

PROBLEM	POSSIBLE CAUSE/SOLUTION
• Computer will not light up when power is turned ON (<u>E230X / E250X only</u>)	<ul style="list-style-type: none"> • Unit is not plugged in – Plug unit in • Power cord. – Check that the power cord is functional. Replace if necessary • Check power outlet on wall – Contact a qualified electrician if necessary. • A computer cable may be disconnected – Check computer cables
• Computer will not light up when pedaling (<u>E390X only</u>)	<ul style="list-style-type: none"> • You must reach 15 rpm to light up the computer screen • A computer cable may be disconnected – Check computer cables • The battery can be discharged – charge or change your battery
• Computer keys sticking or not responding to touch	<ul style="list-style-type: none"> • Keypad may have been damaged by liquid – Contact your Bodyguard® dealer • Excessive amount of cleaning solution used – Use only mild cleaning soap on damp cloth when cleaning machine
• Computer lights up, but there is no resistance on pedals	<ul style="list-style-type: none"> • Control card is defective • Cable between braking system and control card is damaged or improperly connected – Check cable • Cable between computer and control card is damaged or defective – Check cable
• Wheels don't seem to turn smoothly and you feel undesirable vibrations	<ul style="list-style-type: none"> • Make sure rear sliders and wheels are clean. You can remove the rear running board for easier cleaning • Make sure all nuts and bolts are in place and firmly tightened
• Computer lights up, but speed is not displayed	<ul style="list-style-type: none"> • Speed sensor is improperly aligned – Align or replace if necessary • Speed sensor is improperly connected – Check connection • Cable between computer and control card is damaged or defective – Replace cable
• The profile display LEDs, turn off before the end of your AUTO POWER OFF setting (section 2.14) (<u>E390X only</u>)	<ul style="list-style-type: none"> • Use the appropriate recharger to recharge your unit (contact your authorized Bodyguard Fitness) • The battery can be discharged – charge or change your battery

Electromagnetic Interference Requirements

United States

The E230X / E250X has been tested and found to comply with the limits for Class B digital devices, pursuant to part 15 of the FCC Rules. The E390X has been tested and found to comply with the limits for Class A digital devices, pursuant to part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. This equipment generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the instructions, may cause harmful interference to radio communications. However, there is no guarantee that interference will not occur in a particular installation. If this equipment does cause harmful interference to radio/television reception, which can be determined by turning the equipment off and on, the user is encouraged to try to correct the interference by one or more of the following measures:

- Reorient or relocate the receiving antenna
- Increase the separation between the equipment and receiver
- Connect the equipment into an outlet on a circuit different from that to which the receiver is connected
- Consult the dealer or an experienced radio/TV technician for help

Canada

The E230X / E250X has been tested and found to comply with the limits for a Class B device, pursuant the standard NMB-003. The E390X has been tested and found to comply with the limits for a Class A device, pursuant the standard NMB-003.

International

This equipment has been tested to comply with the Electromagnetic Interference Compatibility directive 89/336/EEC as amended by 91/31/EEC and 93/68/EEC required by the International Electrical Committee.

Since 1969, our goal has been to build quality fitness machines that serve to meet human expectations. We strive to design and build the highest quality fitness equipment.

Our mission remains unchanged. Bodyguard® has received many industry accolades and is regarded as one of the top brands of fitness machinery in the world.

Bodyguard® continues to design, build and market the highest quality fitness machines and back it all up with award winning service to exceed our customers' expectations.

Bodyguard® Fitness is a division of the Procycle Group Inc., one of North America's largest bicycle manufacturers. We are an ISO9001 manufacturing facility, our products are shipped around the world.

Welcome to Bodyguard® Fitness and welcome to a new you.



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